



NATIONAL VETERANS CREATIVE ARTS FESTIVAL

# ArtsGram

*A Daily Publication of the 2003 National Veterans Creative Arts Festival Tuesday, October 7, 2003*

## Quotes from the Stars!

Approximately 37 artists and 75 performers are participating in the 2003 National Veterans Creative Arts Festival. This year's participants come from as far away as



Hawaii and Alaska and as close as Oklahoma City. Here is what some of our veterans have to say about being here this week.

"This is my third year participating in the Festival," said Roland Abare from Cohoes, N.Y. "I feel happy and blessed as though it were my first. I look forward to seeing those I have met at the Festival before, and treasure the chance to work with the staff." Abare won first place in the vocal group (comedy) category, as part of the Vets of Albany Choir.

Local participant and photographer Sally Cordell is from Oklahoma City. Cordell said, "I am very proud to have won a gold medal. Photography has helped me see the beauty of the world." Cordell won first place in the black and white photography category.

Being in the Festival has many meanings for different participants. Larry Angel from Honolulu, Hawaii said, "Participating in the Festival has allowed me to promote my culture and be with my friends." Angel is a member of the hula group named Kamalu O Ka Aina (which means Spirit of the Island.)

Warren Weldon from Chugpak, Alaska won first place in the fiber arts category. "I felt a real sense of



accomplishment when I won first place in the local competition," said Weldon. When I heard that I won a gold medal at the national competition, I was floored! It's incredible and I still have a hard time believing it."

Music composer Jacob Sikorski from Battle Creek, Mich. is participating in his third Festival in five years. "It's a great honor to be invited to perform. I am still as excited about it as when I first participated," said Sikorski. Sikorski's composition, entitled "Concert Band March, Opus 3," will be performed during the ending of the stage performance.

Barbara Chaney, a member of the "Templetations," won first place in four categories. "I beam with pride each and every time we are invited to this glorious event. This is not only an honor but a privilege to be asked to come with my group and be in the show. Singing on stage is a dream come true for me, and I love to sing." Chaney and the Templetations are (obviously) from Temple, Texas.

West Lake Chorus member Gina Fraley said, "To realize my dream as a singer and national winner is an awesome patriotic honor for me. To achieve it with my veteran friends is an even greater honor." Fraley won first place in the vocal group (broadway) category.

Perhaps Odell Brown, of Richfield, Minn, sums it up best. "A great sense of well-being occurs when you create or perform something and are able to share it with others. There is no medication that can take away pain better than the feel of pride, appreciation and the respect you receive from others, for the efforts you make in spite of your handicap or illness."

Welcome, participants. We're glad you're all here!



**"Hitch your wagon to a star."  
- Ralph Waldo Emerson**



### Do's:

- Drink as much water as you can.
- Rest your voice on performance days.
- Remember to do exercises to warm up your voice.
- Allow your voice plenty of time to heal if you get sick.
- Remember to get plenty of rest and eat a well-balanced diet.

## Do's and Don'ts for taking care of your voice

- Open your mouth more when you talk - it will help the sounds come out better.
- Avoid things that dry your system, such as alcohol, carbonated beverages and caffeine.

### Don'ts:

- Smoke and always avoid second hand smoke.
- Sing outside of your possible range.
- Practice your lines too much at one time. Pace yourself.

- Whisper because it sends extra air to the vocal cords and dries them out.
- Use a monotone voice all the time - make sure you vary how your words come out.
- Clear your throat or cough if you can avoid it - it causes irritation in the vocal chords.
- Slouch if you're sitting down because it makes it more strenuous for you to speak.

Take care of your voice ... it is the most important part of your performance.



### 1: Keeping acrylic paints workable

Squeeze only a little paint out of a tube and invest in a spray bottle so you can spray a fine mist over the paint regularly to keep it moist.

### 2: Blot your brushes

Keep a piece of paper towel or cloth next to your water jar and get into the habit of wiping your brushes on it after you rise them.

### 3: Opaque or transparent

If applied thickly – either straight from the tube or with very little water added – or if mixed with a little white, all acrylic colors can be opaque. If diluted, they can be used like watercolors or for airbrushing.

### 4: Acrylic vs watercolor washes

When an acrylic wash dries, it's permanent and insoluble, and can be over-painted without fear of disturbing the existing wash. The

## 10 Tips for Acrylic Painting

colors of subsequent washes mix optically with the earlier ones. A watercolor glaze can be lifted out using water and a cloth.

### 5: Think thin when thinking glazes

If you want transparent watercolor-like glazes, these should be built up in thin layers; a heavy layer will produce a glossy surface.

### 6: Improve flow without losing color

To increase the flow of a color with minimal loss of color strength, use flow-improver medium rather than just water.

### 7: Blending acrylic paints

Because acrylics dry rapidly, you need to work fast if you wish to blend colors. If you're working on paper, dampening the paper will increase your working time.

### 8: Hard edges

Masking tape can be put onto and removed from dried acrylic paint

without damaging an existing layer. This makes it easy to produce a hard or sharp edge. Make sure the edges of the tape are stuck down firmly and don't paint too thickly on the edges, otherwise you won't get a clean line when you lift it.

### 9: Washing-up liquid with masking fluid

Masking fluid can be used with acrylics washes. Once masking fluid has dried in a brush, it's nearly impossible to remove. Dipping a brush into some washing-up liquid first makes it easier to wash masking fluid out of a brush.

### 10: Using acrylic paint as a glue for collage

Provided it is used fairly thickly and the item to be stuck is not too heavy, acrylic paint will work as a glue in a collage.

## A Word from the National Committee:

# Remember to Audition!

The Creative Arts Festival national committee members are very excited to have you here and look forward to meeting and working with each of you. We know that the week will bring everyone a sense of pride and accomplishment as well as a lifetime of memories and friends. We are sure to have an outstanding show this year with so much talent gathered in one place!

We have several opportunities for people to audition for solos, small groups, narrations and other stage opportunities. If you did not receive a copy of the narrations and songs from your VA facility before you came, additional copies can be picked up in the main rehearsal room.

### **“A Salute to American Service”**

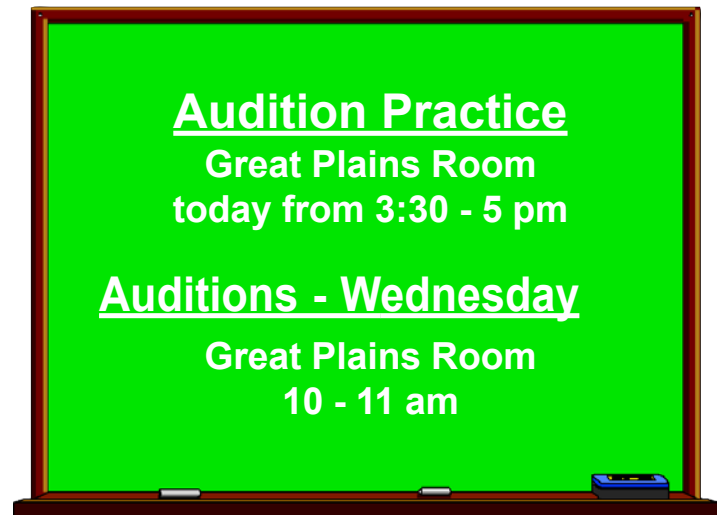
This production number is a medley of Service songs that all will sing at the beginning of the show. Everyone sings the entire song. There are SOME harmonies written in. Opportunities in this song include five people to wear service uniforms and carry service flags across the stage. (Unfortunately, you must FIT into the uniform to qualify!) See Jean Calhoun in the Red Carpet Room, if you are interested.

### **“The Faces of Freedom”**

This is a brand new song composed by our own Jennifer Lewis, music chairperson and performing arts coordinator. During the song, we will have five narrators reading and this does NOT need to be memorized. There will also be approximately eight people needed to “act” or “mime” scenes described in the verses. These people will be in silhouette at the back of the stage. Silhouettes are as follows:



1. Need three people in uniform (may be the same people in uniform from the Salute song) to walk across the back of the stage as if in a parade, with one additional person sitting in a wheelchair watching the parade.
2. A woman sitting in a rocking chair looking at a picture.
3. A veteran coming home with his luggage, cane, duffle bag, etc.
4. That veteran's parents welcoming him home.



Everyone will be singing the chorus and the bridge (“No Greater Love...”) on this song.

### **“Come, Shine Your Light America”**

This should be familiar to those of you in previous shows. It is a wonderful song written by veteran John Kanoho, a winner in the original song category several years ago. We will be changing it slightly this year, which you will see in the music. We will be auditioning for the first verse as one solo, if you are interested. It must be memorized. Everyone will be singing the chorus on this song. During this song, we want to try to convey the “melting pot” of America, and have asked everyone to wear costumes or authentic dress depicting their culture, heritage, locality, occupation, etc. It can be nearly anything!

### **“The Star Spangled Banner”**

This is the final production number. This year we have divided the solo into four separate solos. Therefore, we will need four soloists and a small group to sing during this song. Please look at music for various sections – all the words must be memorized. The entire ensemble will join in toward the end of the song.

Another piece we are auditioning for this year is “The Ballad of the Broken Word.” This is a Hawaiian song/chant. A group of dancers from Honolulu will be

**See “Audition,” continued on page 4**

## "Audition," continued from page 3

performing a native dance to this music, and we will need a small group to help us with this song.

### "Remember Me"

This is a reading about the American Flag. We will need four narrators for this piece, which does not need to be memorized.

One more stage opportunity will be during the song "Oklahoma." A group from Chicago will sing this song and we would like anyone in western or Native American dress to be on stage as part of the background "scenery." We hope to have a wagon, crates and other western style props on stage for people to sit on, lean against or stand around. You will not be singing the song, just watching. This song will come after "Come, Shine Your Light America," so you will wear the same outfit for both numbers.

We hope you take the opportunity to try out for one or more of the items listed above. The more you participate in the show, the more fun it will be! There will be a rehearsal in the Great Plains Room today (Tuesday, October 7) from 3:30 - 5 pm to go over the various audition pieces. Please attend if you are not busy in the main rehearsal room. Auditions will be held tomorrow (Wednesday, October 8) in the Plaza Room (main rehearsal room) from 10 - 11 am.

We would like everyone to audition with the same piece. All singers will sing the following passage from the national anthem (Solo 4) and all narrators will read Narrator 2 from "Remember Me."

Solo 4: *"And the rockets red glare, the bombs bursting in air, Gave proof through the night that our flag was still there."*

NARRATOR 2: *"And you, I remember you standing there straight as a soldier. You didn't have a hat, but you gave me a fine, proud salute. Remember your little sister? Not to be outdone, she was saluting same as you, with her hand over her heart. Remember? Was that so long ago?"*

We will post the people selected for solos, narrations and silhouettes by 1 pm tomorrow, Wednesday, October 8. Break a leg!

**-- Suzanne Anderson, Stage Manager and the National Committee**



"We cannot believe we are finally here!" said Marvin Hooper from Temple, Texas and Donald Crume from Killeen, Texas.

## Oklahoma City National Memorial Tour



Few events in the past quarter-century have rocked Americans' perception of themselves and their institutions and brought together the people of our nation with greater intensity than the April 19, 1995, bombing of the Alfred P. Murrah Federal Building in downtown Oklahoma City.

The resulting deaths of 168 people, some of whom were children, immediately touched thousands of family members whose lives will forever bear the scars of having had those precious to them taken away so brutally.

The Memorial was established with the themes of remembrance, peace, spirituality, hope, comfort, recognition, cherished children, and learning.

We hope you enjoy your visit this week and come away with a renewed sense of hope in a better world to come.



## Medical Support Room

The Medical Support Room is in room 1111. If you have a medical concern or issue, please contact your team leader. Medical support has a registered nurse on duty 24 hours a day. You can call the nurse from any house phone at extension 1111 or go directly to the room.

## Meet with Your Team Leader

Meet with your team leader every morning (except Sunday) at 8:30 am on the second floor of the hotel. Sunday's meeting is at 11:30 am.

## Hospitality Room

The Hospitality Room, manned by friendly volunteers, offers snacks, soft drinks, juices and coffee for all Festival participants, staff and volunteers.

Open daily from 9 am to 10 pm in room 318.

## Professional Continuing Education

The 2003 National Veterans Creative Arts Festival has been approved to grant official continuing education units through ATRA (American Therapeutic Recreation Association) for the three sessions being offered this week. A total of 6 CEUs can be earned by attending all three sessions.

A fee of \$10.00 will include all CEUs earned by the participant for the entire National Veterans Creative Arts Festival Professional Education Sessions. The \$10.00 fee must be paid prior to the first session attended. Checks should be made out to VAMC #635, GPF #8832.

## Tuesday's Continuing Education Class

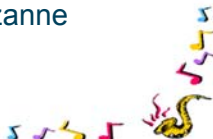
Today's continuing education class is "Metaphors." The class will be held in the Kiamichi Room from 2:30 - 4:30 pm.



### Quote of the Day

"When I judge art, I take my painting and put it next to a God made object like a tree or flower. If it clashes, it is not art."

- Paul Cezanne



## Tuesday, October 8

### Breakfast Buffet

Assorted Fruit Juices  
Danish and Assorted Muffins  
Scrambled Eggs  
Crisp Bacon  
Country Biscuits and Sausage Gravy  
Assorted Dry Cereals  
Starbuck's Coffee and Milk

### Lunch - Home Style Italian Buffet

Pasta Salad, Marinated Vegetable  
Salad, Ceasar Salad  
Spaghetti with Meat Sauce  
Chicken Parmesan Penne Pasta with  
Alfredo Sauce  
Steamed Broccoli  
Breadsticks with Garlic Butter  
Tiramisu and Spumoni Ice Cream  
Starbucks Coffee and Iced Tea

### Dinner

Tossed Salad with Assorted Dressings  
Chef's Choice of Vegetable  
Baked Potato Salad  
Julienne Vegetable Salad  
Roast Port Tenderloin with Tomato Couli  
Steak au Pourve with Brandy Deglazed  
Mushrooms  
Assorted Terrines, Cakes, and Pies  
Starbuck's Coffee and Iced Tea

## Today's Weather



# 79°

# TODAY'S SCHEDULE

## ARTISTS

## PERFORMERS

**7 - 8:30 am**

**Breakfast**

- Westin Hotel, Century Ballroom

**8:30 am** - Meet with Team Leader

**8:45 am** - Depart for VA Medical Center

**9:15 - 11:30 am** - Interaction Session  
at VA Medical Center, Gymnasium

**11:30 am** - Return to Hotel

**Noon - 1:00 pm**

**Lunch**

- Westin Hotel, Century Ballroom

**1:30 - 4:30 pm**

Art Workshop #1 - Acrylic Painting  
- Grand Pavilion, Suite #167

**5:30 - 6:30 pm**

**Dinner**

- Westin Hotel, Century Ballroom

**6:45 pm** - Load bus

**7:00 - 9:00 pm** - Tour of the  
Oklahoma City National Memorial

**9:30 - 11:00 pm**

Karaoke and Social Time

- Westin Hotel, Kiamichi Room

**7 am**

**7:30**

**8**

**8:30**

**9**

**9:30**

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**Noon**

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**10:30**

**11**

**7 - 8:30 am**

**Breakfast**

- Westin Hotel, Century Ballroom

**8:30 am** - Meet with Team Leader

**9:00 am - Noon** - Introductions and  
announcements

Individual acts introduced and  
perform in show order

- Westin Hotel, Plaza Room

**Noon - 1:00 pm**

**Lunch**

- Westin Hotel, Century Ballroom

**1:00 - 5:00 pm** - Individual acts have  
first coaching sessions - Plaza Room

- Chorus member vests and costume  
fittings - Red Carpet Room

**1:30 - 3:30 pm** - Chorus music  
rehearsal - Great Plains Room

**3:30 - 5:00 pm** - Audition rehearsal for  
solos and narrations - Great Plains  
Room

**5:30 - 6:30 pm**

**Dinner**

- Westin Hotel, Century Ballroom

**7:00 - 9:30 pm**

Chorus Members' Rehearsal  
(All performers)

- Westin Hotel, Plaza Room

**9:30 - 11:00 pm**

Karaoke and Social Time

- Westin Hotel, Kiamichi Room

"Hitch your wagon to a star." - Ralph Waldo Emerson